

## ABSTRACT

A carbon-insertion-type palladium metal in which an amount of inserted carbon is 0.16 mol or more with respect to 1.0 mol of a palladium metal, and a carbon-insertion-type palladium metal in which a crystal face distance of a (111) face of a palladium metal is 2.270 Å or more are useful as raw materials of a palladium catalyst for use in an  $\alpha,\beta$ -unsaturated carboxylic acid preparation reaction, and the like. The carbon-insertion-type palladium metal can preferably be prepared by reduction of palladium in a palladium compound having a chlorine content of 0 to 300 ppm.